



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release APRIL 27, 1961

FOR FOOD EDITORS

SEAFOOD AND EGGS MAKE GOOD SPRINGTIME MAIN DISH FOR FAMILY MEAL

A combination of seafood and eggs will make a nutritious, delightful and moderately priced main dish for the family table. Both seafood and eggs are excellent sources of the protein so necessary for the repairing and rebuilding of body tissues.

Eggs, especially large eggs which are usually the best buy, are generally in good supply at this time of year. The seafoods which are in good supply this spring are: clams, fillets of cod, flounder, haddock, ocean perch, fish sticks and portions, halibut, oysters, scallops, shad, shrimp and smelt.

The home economists of the Bureau of Commercial Fisheries suggest the following recipes containing seafood and eggs. Any of these will help the homemaker take advantage of these moderately priced foods in preparing springtime meals for the family.

YELLOW PERCH AND EGGS

1 pound yellow perch fillets, fresh or frozen	Dash pepper
$\frac{1}{2}$ teaspoon salt	6 egg whites, beaten
$\frac{1}{2}$ cup chili sauce	6 egg yolks, beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon paprika

Thaw frozen fillets. Skin fillets, if necessary. Place in a well-greased shallow baking dish. Sprinkle with salt and cover with chili sauce. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until fish flakes easily when tested with a fork. Add seasonings to egg whites. Spread on fish and top with egg yolks. Continue baking for 8 to 10 minutes or until egg mixture is set. Garnish with paprika. Serves 6.

SHRIMP ORIENTAL

1 pound raw, peeled, deveined shrimp, fresh or frozen	1 cup flour
$\frac{1}{4}$ cup lemon juice	3 eggs, beaten
	$1\frac{1}{2}$ teaspoons salt

Thaw frozen shrimp. Pour lemon juice over shrimp and let stand for 10 minutes. Cut shrimp almost through lengthwise and spread open. Place flour in paper bag. Add shrimp and shake well. Combine egg and salt. Dip each shrimp in egg. Place shrimp in a heavy frying pan which contains about $\frac{1}{8}$ inch fat, hot but not smoking. Fry at moderate heat. When shrimp are brown on one side, turn carefully and brown the other side. Cooking time approximately 4 minutes. Drain on absorbent paper. Serves 6.

SCALLOPS LORRAINE

1 pound scallops, fresh or frozen	2 tablespoons sherry
1 quart boiling water	2 tablespoons chopped parsley
2 tablespoons salt	1 teaspoon salt
1 cup pastry mix	$\frac{1}{2}$ teaspoon celery salt
3 eggs, beaten	Dash pepper
$\frac{3}{4}$ cup coffee cream	Paprika

Thaw frozen scallops. Remove any shell particles and wash. Place in boiling salted water. Cover and return to the boiling point. Simmer for 3 to 4 minutes, depending on size. Drain. Chop scallops. Prepare pastry mix as directed. Roll and line a 9-inch pie pan. Combine eggs and cream; add remaining ingredients except paprika. Place scallop mixture in pie shell. Sprinkle with paprika. Bake in a moderate oven, 350° F., for 35 to 40 minutes or until pie is firm in the center. Serves 6.

HALIBUT TOMATO ASPIC

1 pound halibut steaks or fillets, fresh or frozen	2 tablespoons vinegar
1 quart boiling water	4 whole cloves
1 tablespoon salt	2 teaspoons sugar
1 tablespoon gelatin	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{4}$ cup cold water	Dash pepper
2 cups tomato juice	$1\frac{1}{2}$ cups chopped celery
$\frac{1}{2}$ cup chopped celery	$\frac{1}{3}$ cup pickle relish
$\frac{3}{4}$ cup chopped onion	3 hard-cooked eggs, chopped
3 parsley sprigs	Salad greens
	Mayonnaise or salad dressing

Place steaks in boiling salted water. Cover and return to the boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Flake. Soften gelatin in cold water for 5 minutes. To the tomato juice, add celery, onion, parsley, vinegar, cloves, sugar, salt, and pepper. Simmer for 15 minutes. Strain. Add gelatin and stir until dissolved. Cool. Add celery, relish, egg, and fish. Pour into mold; chill until firm. Unmold on salad greens. Serve with mayonnaise. Serves 6.

x x x